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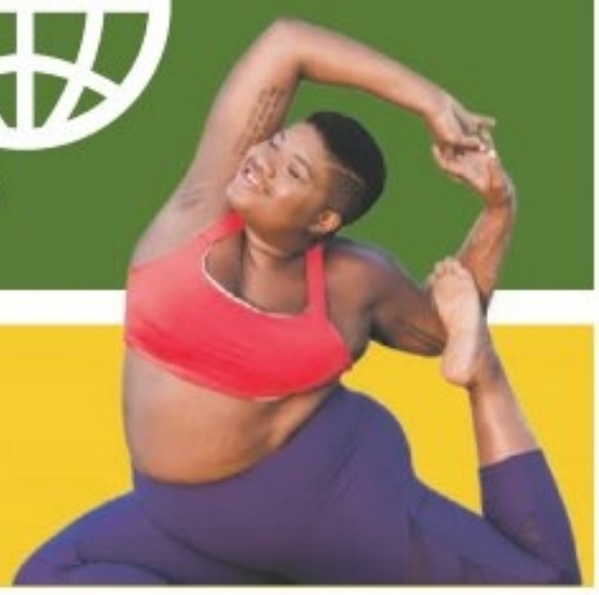

## ‘EVERY BODY’ YOGA

**Jessamyn Stanley says get your asana on the mat. 20-21**


**The struggle is real playing Algy Moncrieff. 16**

**Phils’ Herrera, Franco key to success in 2017. 22**



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# OFFICE POLITICS

**Feel uncomfortable when your co-workers talk politics on the job? You’re not alone. 4**

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## IMF CHIEF WARNS OF SLOWING PRODUCTIVITY

1 Living standards around the world could fall unless governments invest more in research and education that can help revive weak productivity growth, International Monetary Fund Managing Director Christine Lagarde warned. Lagarde said in a speech in Washington that the private sector alone will not be able to generate enough innovation to lift productivity to acceptable levels without government help. Her remarks were accompanied by release of an IMF study that found that the 2008-2009 financial crisis and deep recession played a bigger role in slowing productivity than previously thought, stifling global demand and investment. REUTERS

## US ANNOUNCES STEPS AGAINST H1B VISA FRAUD

2 The U.S. Department of Homeland Security announced steps on Monday to prevent the fraudulent use of H1B visas, used by employers to bring in specialized foreign workers temporarily, which appeared to fall short of President Donald Trump's campaign promises to overhaul the program. Trump had promised to end the lottery system for H1B visas, which gives each applicant an equal chance at 65,000 positions each year. Lobbyists for businesses who rely on H1B visas, commonly used by the tech sector, had expected Trump to upend the lottery in favor of a system that prioritized workers who are highly skilled and would be highly paid in the United States. The lottery for fiscal year 2018 opened on Monday without changes. REUTERS

## KUSHNER FLIES INTO IRAQ WITH TOP US GENERAL

3 President Donald Trump's son-in-law, Jared Kushner, flew into Iraq with the top U.S. military officer to get a first-hand assessment of the battle against Islamic State from U.S. commanders on the ground and to meet Iraqi officials. For Kushner, who has not been to Iraq before, the trip comes at a critical time as Trump examines ways to accelerate a U.S.-led coalition campaign that U.S. and Iraqi officials say has so far been largely successful in uprooting Islamic State militants in Iraq and Syria. The visit appears to demonstrate the far-reaching portfolio of Kushner, 36, who has been given a wide range of domestic and foreign policy responsibilities, including working on a Middle East peace deal. REUTERS

## BLAST IN RUSSIA

4 Firefighters, a helicopter and emergency service vehicles near Tekhnologichesky Institut station of the St. Petersburg metro in the aftermath of a train explosion. GETTY IMAGES

5 THINGS YOU NEED TO KNOW

## ST. LOUIS BOX FACTORY EXPLOSION KILLS THREE

5 A boiler explosion at a cardboard box plant in St. Louis killed three people and injured four more, fire officials said. The blast at Loy-Lange Box Company sent part of the boiler crashing into a nearby building housing a linen laundry service, according to KTVI. Two of the injured were listed in critical condition and transported for treatment by emergency medical services, the St. Louis Fire Department said on Twitter. Two others suffered non-life-threatening injuries. One of those killed was a box factory employee, and two of the dead worked at the linen service, the St. Louis Post-Dispatch reported, citing fire officials. The Loy-Lange Box Company could not be immediately be reached for comment. The company, founded in 1897, produces corrugated cardboard boxes as well as product displays. REUTERS

## WELCOME TO METRO.US!

ERIN TIERNAN, WEB REPORTER

A pair of European university professors have published papers that argue that conservative politicians are better looking than their liberal counterparts. Should Donald Trump attribute his election victory to his comb-over? Then again, he wasn't elected on the basis of the popular vote. Check out what the academics had to say about beauty and the right wing at **metro.us/news.**

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Alisha Miranda noticed that many of her co-workers felt uncomfortable talking politics after the presidential election. KAITLYN MOORE

# Feeling uncomfortable about political talk at work?

A recent survey shows that about one out of every three employees shirk away from political conversations at the workplace.

MADELINE PRESLAND
@MetroBOS
letters@metro.us

When the workplace conversation turns to politics, many employees turn away, uncomfortable with engaging in a possible confrontation that has nothing to do with their job.

After the presidential election, Alisha Miranda felt extremely uncomfortable at work. She had assumed that most of her co-workers at media company Technical.ly in Philadelphia shared her political views, but then she began to have doubts.

So she started a channel in the chat platform Slack to connect with her co-workers. She found that other people were just as uncomfortable about the outcome of the election as she was.

"It was palpable in the air that people weren't happy," Miranda said. "Through conversation, people started opening up about how uncomfortable they were, and that the [company's] leadership wasn't saying anything. Before that, we had never really talked to each other about this."

More than one of every three people who responded to a recent survey of 5,000 American workers said they felt uncomfortable talking politics with their co-workers, reported Peakon, a company that gathers and analyzes employee feedback.

Democrats are the most at ease discussing politics, while women who support President Trump are the group least comfortable, according to the survey.

"It's very uncomfortable," said Pete Smith, a manager at a company that makes custom uniforms. "We have brief conversations, but definitely avoid debating. I think Republicans are trying to lay low and let things work out."

Like many people, Smith is more vocal about politics on social media than he is professionally. He created a Facebook page to try to unite people in his neighborhood.

Deborah Saldaña, a personal trainer and freelance interpreter, also tries to find outlets for her political views outside of work.

"I don't think people are comfortably numb, but I have to keep a tight lid on it," she said. "Even when I sympathize, I can't get too involved."

Sometimes talking about politics isn't a matter of preference, but of necessity. This can be especially true for people working in health care.

"We have to talk about the future of the Affordable Care Act," said Stacey Carmody, a clinical research coordinator at a Philadelphia hospital. "Whether people like it or not, politics does intersect with what we do."

*"We have brief conversations, but definitely avoid debating. I think Republicans are trying to lay low and let things work out."*

Pete Smith

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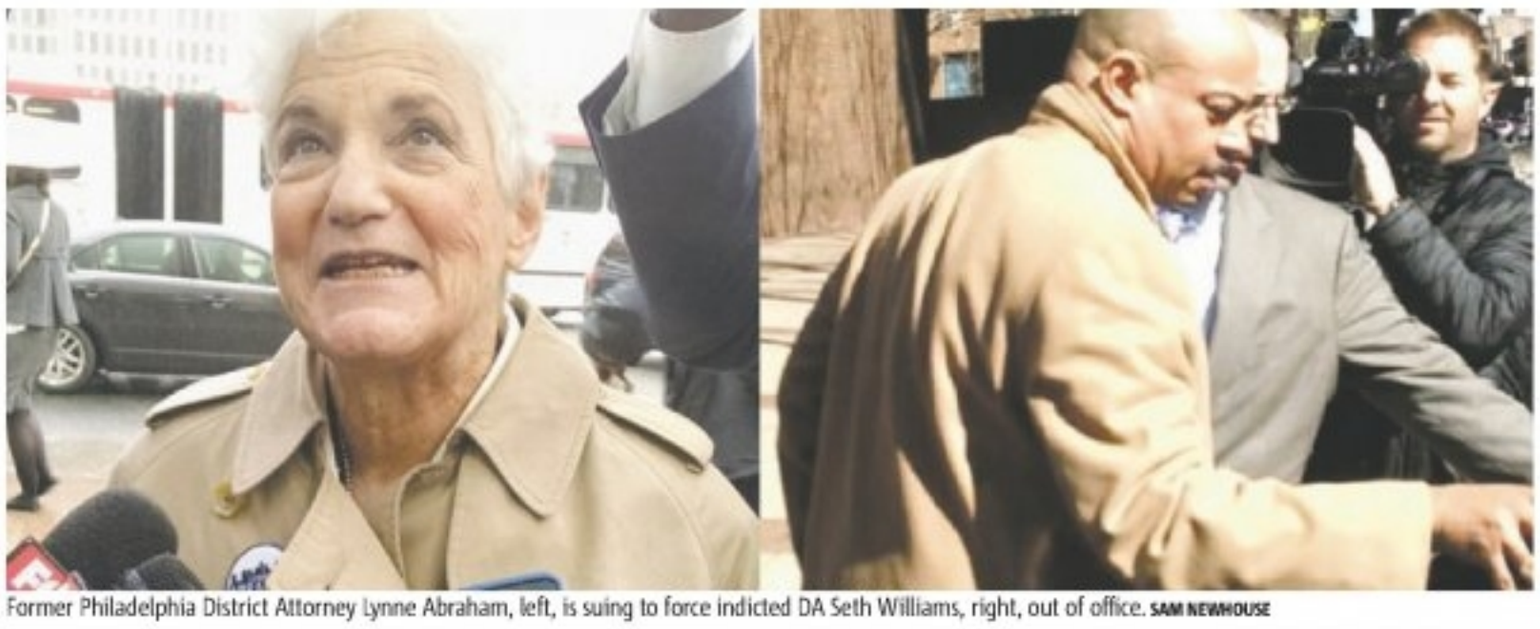

Former Philadelphia District Attorney Lynne Abraham, left, is suing to force indicted DA Seth Williams, right, out of office. SAM NEWHOUSE

# Former DA Lynne Abraham sues to force out indicted DA Seth Williams

Lawsuit comes as civil rights leaders on Tuesday will call for Williams' resignation.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

The hits keep coming for Philadelphia District Attorney Seth Williams, who remains in office despite numerous calls to resign since he was indicted two weeks ago on federal corruption charges.

Now his predecessor, former Philly DA Lynne Abraham, is joining in with a lawsuit to force Williams out of office.

"In refusing to resign from office despite his inability to practice law … Williams disregards his duties and responsibilities as district attorney in favor of drawing a substantial salary, which he will undoubtedly use to fund his criminal defense," according to the lawsuit. Abraham filed the suit Monday with veteran defense attorney Richard Sprague, also a former prosecutor at the DA's office.

Meanwhile, civil rights leaders will hold a press conference outside the DA's office on Tuesday, at noon, where they will call on Williams to resign.

Representatives of the NAACP, Black Lives Matter, National Action Network and local activists will present "a united front from the local social justice community to amplify the call for District Attorney Seth Williams to resign," organizers said.

In fact, Abraham's suit claims that it is a violation of state law for Williams to continue serving as DA after Williams' law license was suspended as a result of the March 21 indictment. He said he wants to continue serving the office in an administrative capacity.

Abraham was Philly's first female district attorney and served from 1991 to 2009. Williams ran and won after she decided not to pursue a sixth term.

Williams is accused of accepting illegal gifts in return for favorable treatment to friends and business owners. He has denied all charges.

## SUBDUED

**Philly Police use Taser to subdue naked man running through streets**

A naked man was caught on camera running through the streets screaming nonsense on Friday morning near Temple University before eventually being shocked and subdued by police, officials said.

Multiple Philadelphia police officers were seen in a video recording of the incident responding to 17th and Diamond streets.

The video, posted to Instagram and later shared on Twitter, showed the man yelling, "Slavery existed!" and mouthing other bizarre phrases such as, "My mother doesn't believe in God."

At one point the man can be seen accosting a woman who screams, "Don't touch me!" At another moment, he advances and retreats from a police officer while holding an object, and yelling, "You're gonna shoot me," as the officer orders him to drop the object.

Even after being hit with a Taser, the man was still struggling before multiple officers surrounded and pinned him as he continued to scream.

Police said the unidentified man was taken Hahnemann Hospital for evaluation.

SAM NEWHOUSE

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# PHILLY'S TECH SCENE EMERGES AS POWERFUL ECONOMIC FORCE

Since 2010, the city has seen 466 funded IT companies. GETTY IMAGES

ROB WONDERLING

When you think of cities that are known for technology, you probably think of the West Coast cliches like Silicon Valley and Seattle. Yet Philadelphia's tech scene has slowly been surfacing on the national map as an emerging technology hub.

The region's information technology industry has experienced considerable growth in the past 15 years, with an annual growth rate of 4.4 percent since 2001, exceeding the regional GDP growth rate. Skilled computer and information specialists are in good supply across the diverse business sectors that drive our region's economy, including financial services, health care, life sciences, manufacturing and telecommunications.

There are technology developments large and small blossoming across the 11 counties, such as Comcast's new $1.2 billion Technology & Innovation Center, which is set for completion in Center City Philadelphia in 2018. It will be Comcast's second flagship facility in the city, and it is expected to create an estimated 1,500 new tech jobs.

The Greater Philadelphia region is also gaining traction in the world of startup funding, rising in the rankings to sixth in the nation for the number of deals made in 2015.

Since 2010, Philadelphia has seen:

- 466 funded IT companies
- Over 660 deals valued at over $11.3 billion
- Over 250 merger & acquisition deals valued at $10.2 billion
- Over 400 funded deals valued at over $1.1 billion

To learn more about Philadelphia's emerging tech scene, watch Select Greater Philadelphia Council's tech feature of "Growing Greater Philadelphia," a collaborative TV production with NBC10 about the region's business assets and success stories.

This technology-focused episode features the South Jersey Technology Park at Rowan University, 3-D laser scanning technology at Gilbane's A Loft in Center City and the University of Delaware's STAR Campus.

The Philadelphia metropolitan area has a high concentration in pharmaceuticals, R&D services, communications equipment, management consulting and basic chemicals that gives us a competitive advantage against other regions as we continue to find new ways of becoming the next global technology hub.

Contact me at rwonderling@chamberphl.com to learn more about the region's technology ecosytem.

*Rob Wonderling is president of the Chamber of Commerce for Greater Philadelphia.*

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# Top court won't revive New Hampshire ban on voting booth 'selfie'

Voting-booth photos are a First Amendment right, appellate judges had ruled.

In the Netherlands, the leader of the Dutch Democrats '66 Party takes a selfie with his ballot in the voting booth. New Hampshire passed a law banning such photos. GETTY IMAGES

The Supreme Court on Monday rejected New Hampshire's bid to revive a state law barring voters from taking "selfie" photos with their ballots during elections.

A lower court had struck down the state's ban as a violation of free speech rights.

New Hampshire banned such selfies in 2014, saying the photos could set the stage for a return of the kind of vote-buying or voter intimidation that was rampant in the 19th century.

The Supreme Court declined to hear the state's appeal of a ruling by the Boston-based 1st U.S. Circuit Court of Appeals last September that the law ran afoul of the First Amendment. The state cannot curtail speech based on a hypothetical danger, the appeals court stated.

Ballot selfies have become a popular way for voters to show support for favored candidates through postings on social media platforms such as Twitter, Facebook and Snapchat.

Three New Hampshire residents who were under investigation for violating the law, including a man who wrote in the name of his dog to express dismay at his choices in the 2014 Republican primary for the Senate, sued the state that year claiming the measure violated the First Amendment.

The 1st Circuit agreed last year, noting that New Hampshire had no complaints of vote-buying or evidence that people were being coerced to vote a certain way.

New Hampshire's secretary of state, William Gardner, appealed to the Supreme Court, noting that 18 states had laws that in some form prevented voters from displaying their ballots.

Digital photography and social media could allow an invasion of the sanctity of the voting booth and "eliminate the anonymity of the secret ballot," Gardner argued. "With recent advances in technology, one's right to vote freely without fear of retaliation is in jeopardy."

Some states, including nearby Rhode Island, have passed laws explicitly allowing ballot selfies, reasoning in part that the trend has helped younger voters show their enthusiasm for the democratic process. REUTERS

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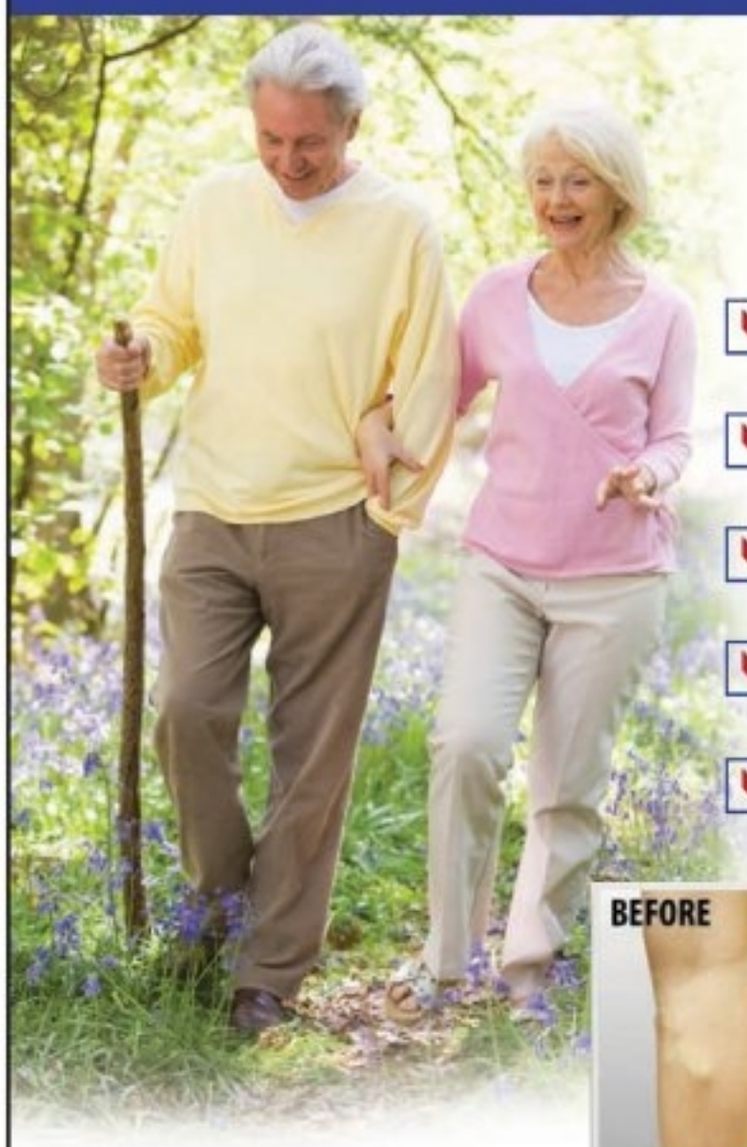

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# Houston-area police deputy fatally shot, suspect at large

A Houston-area deputy with 30 years of experience in law enforcement was fatally shot behind a city courthouse on Monday, and police were searching for the suspect, authorities said.

Harris County Precinct 3 Assistant Chief Deputy Clint Greenwood was shot at the building in Baytown, about 30 miles east of Houston and died at a hospital of his wounds, Baytown police said.

"Whether or not he was specifically targeted, or whether this was because of the uniform he was wearing or the place he pulled up to in the morning, we just don't know that right now," Baytown police Lieutenant Steve Dorris told a news conference.

No motive was mmediately known, Dorris said. No information was released on the suspect.

Police said it appeared that Greenwood suffered a single gunshot wound. Local TV station KTRK cited a law enforcement source as saying he was shot in the neck.

A reward of $50,000 has been offered for information leading to an arrest, police said.

As of Monday, 34 law enforcement officers in the United States have died in the line of duty this year, up from 31 during the same period a year ago, according to the National Law Enforcement Officers Memorial Fund.

Houston Police Department
GETTY IMAGES

"Texas is taking action to strengthen penalties for those brazen enough to commit crimes against law enforcement, and we will send a message that such vile acts will not be tolerated in the Lone Star State," Gov. Greg Abbott said in a statement. REUTERS

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# House Republican tax chief to huddle with Democrats

The Texas Republican spearheading tax reform efforts in the U.S. House of Representatives will meet with Democrats to discuss policy ideas, as Republicans try to secure a victory for President Donald Trump after his healthcare bill's failure.

House Ways and Means Committee Chair Kevin Brady said the meeting with his panel's 16 Democratic members will focus on ways to simplify the U.S. tax code for individuals and stop U.S. companies from moving production and research facilities overseas — both key House Republican tax reform objectives.

"At the end of the day, I don't want to make a prediction as to where that goes. But I think this engagement's important," Brady told reporters on Monday. "I'd love to have them bring their ideas on how we leapfrog America back into the lead as the most competitive place on earth for that new business."

Kevin Brady GETTY IMAGES

The meeting is expected to take place on Wednesday, according to House aides.

A spokesman for Ways and Means Democrats had no immediate comment.

Brady said the meeting has nothing to do with the health care debacle on March 24, when the Republican-controlled House pulled legislation to repeal and replace the healthcare law known as Obamacare when it became clear that Republicans would fall short of the votes needed. Trump blamed the failure on hardline Republican conservatives who opposed the bill and threatened to reach out to Democrats.

But the Trump administration has signaled an interest in finding bipartisan support for tax reform legislation, billed as the first comprehensive overhaul of the U.S. tax code since 1986.

The White House has also shown signs of moving away from the House tax reform blueprint backed by Brady and House Speaker Paul Ryan, informing Republican lawmakers on March 16 that all options were on the table.

The House blueprint, which Democrats oppose, calls for sweeping changes and tax cuts that would mainly benefit the wealthy. But it has divided the business community and Republicans over a border adjustment tax provision that would impose a 20 percent tax on imports while exempting export revenues from tax. REUTERS

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A picture shows the damaged train carriage at Technological Institute metro station in St. Petersburg on Monday. GETTY IMAGES

# Blast in Russia metro train station kills 10

Ten people were killed and more than 20 were injured when an explosion tore through a train carriage in a St. Petersburg metro tunnel on Monday in what authorities called a probable terrorist attack

Russian news media said police were searching for a man recorded on surveillance cameras who was thought to have been involved in the attack, which coincided with a visit to the city by President Vladimir Putin.

Private television station Ren TV broadcast grainy pictures, it said were captured by a camera on board a metro train of a middle-aged man with a beard, a long black coat and black hat.

Closed-circuit footage from a few minutes later showed him outside the station hit by the blast, looking at his telephone.

Russia has been the target in the past of numerous bomb attacks, frequently targeting public transport. Most were blamed on Islamist rebels from Russia's North Caucasus region. The rebellion there has been largely crushed, but security experts say Russia's military intervention in Syria has made Russia a potential target for Islamic State attacks.

There was no immediate claim of responsibility.

Soon after the blast happened at 2:40 p.m., ambulances and fire engines descended on the concrete-and-glass Sennaya Ploshchad station. One helicopter hovered overhead, then landed on a broad avenue to take away an injured passenger.

"I saw a lot of smoke, a crowd making its way to the escalators, people with blood and other people's insides on their clothes, bloody faces," St Petersburg resident Leonid Chaika, who said he was at the station where the blast happened, told Reuters by phone. "Many were crying."

Interfax news agency cited unnamed sources as saying the bomb, packed with shrapnel, may have been hidden in a train carriage inside a briefcase. The National Anti-Terrorist Committee said an explosive device had been found at another station, hidden in a fire extinguisher, but had been defused.

The blast raised security fears beyond Russian frontiers. France, which has itself suffered a series of attacks, announced additional security measures in Paris.

Video from the scene showed injured people lying bleeding on a platform, some being treated by emergency services and fellow passengers. Others ran away from the platform amid clouds of smoke, some screaming or holding their hands to their faces.

A huge hole was blasted in the side of a carriage and the door blown off, with metal wreckage strewn across the platform. Passengers were seen hammering at the windows of one closed carriage after the train had pulled into the station.

Russian TV said many had suffered lacerations from glass shards and metal, the force of the explosion maximized by the confines of the carriage and the tunnel.

Anna Sventik, a St Petersburg resident, was traveling on a metro train that passed through the same station moments after the blast. REUTERS

*"Our train slowed down a bit, and one woman started having hysterics when she saw the people lying on the platform, blackened, in some places with no clothes, burned."*

Anna Sventik

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# Trump's looks might have made him president, professors suggest

"Basic" thinkers vote based on candidate attractiveness, one researcher wrote.

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Despite all his fame and fortune, Donald Trump's secret to political success might actually be his looks — or at least that's a conclusion drawn by two university professors.

Conservative voters in the U.S., Australia and Europe value good looks in political candidates more than their liberal counterparts, they posit.

The correlation between beauty and winning office in these countries is so connected with right-leaning ideals that liberal voters assume — often correctly — that attractive politicians must be conservative, a personality study by a Helsinki University professor found.

Donald Trump is a man known for, among other things, his comb-over, orange-hued skin and what some have called tiny hands. But beauty is in the eye of the beholder.

And for women, attractiveness goes more than just skin deep, evolutionary psychologist Todd Shackelford of Oakland University told Slate.

"I would be astounded if there weren't large portions of the population, particularly the female population," who see Trump as sexy, because "status, prestige, and resource acquisition are remarkably predictably linked to assessments by women of male attractiveness," he said.

But why is attractiveness so much more common among conservative politicians? Could it be that those with right-leaning ideology are just better looking? Not likely, Jan-Erik Lönnqvist of Helsinki University said.

"The results suggest that the reason that politicians on the right are physically more attractive than politicians on the left is that the selection of electoral candidates is, on the political right, more dependent on candidate attractiveness, not that ideologically right-leaning people generally look better," he wrote in his study, titled, "Just Because You Look Good Doesn't Mean You're Right."

The study title works on multiple levels — Lönnqvist said his research supports conclusions that voters on the right are less politically sophisticated, thus more likely to steer their choices on looks.

"One reason that candidate appearance has a stronger influence on the right could be that voters who lack political knowledge or sophistication are more influenced by the attractiveness of the candidate. Conservative attitudes have been associated with, for instance, lower cognitive ability, simpler and more basic modes of thought and more concrete thinking," he wrote.

GETTY IMAGES

## POLITICS

**'Not natural friends': Trump, Xi will be 'odd couple' at first summit**

When U.S. President Donald Trump meets Chinese President Xi Jinping this week, their summit will be marked not only by deep policy divisions but a clash of personalities between America's brash "tweeter-in-chief" and Beijing's cautious, calculating leader.

They may have one thing in common: their rhetoric about restoring their nations to greatness. But the two men differ in almost every other respect, from their political styles to their diplomatic experience, adding uncertainty to what has been called the world's most important bilateral relationship.

Five months after his election on a stridently anti-China platform, Trump appears to have set himself on a course for collision rather than conciliation with Xi, raising doubts as to whether the world's two biggest economies can find common ground.

Topping the agenda at Trump's Mar-a-Lago resort in Florida will be whether he will make good on his threat to use crucial U.S.-China trade ties to pressure Beijing to do more to rein in its nuclear-armed neighbor North Korea, which is working to develop missiles capable of hitting the United States.

Trump, a 70-year-old former real estate magnate with no foreign policy experience before entering the White House, has tweeted that it will be a "very difficult" meeting with the veteran Communist Party leader seven years his junior, given Chinese trade practices he says are killing U.S. jobs.

He has also demanded that Beijing do more to "solve" the North Korean problem — his biggest national security challenge — or he will act alone to deal with Pyongyang's nuclear and missile programs.

REUTERS

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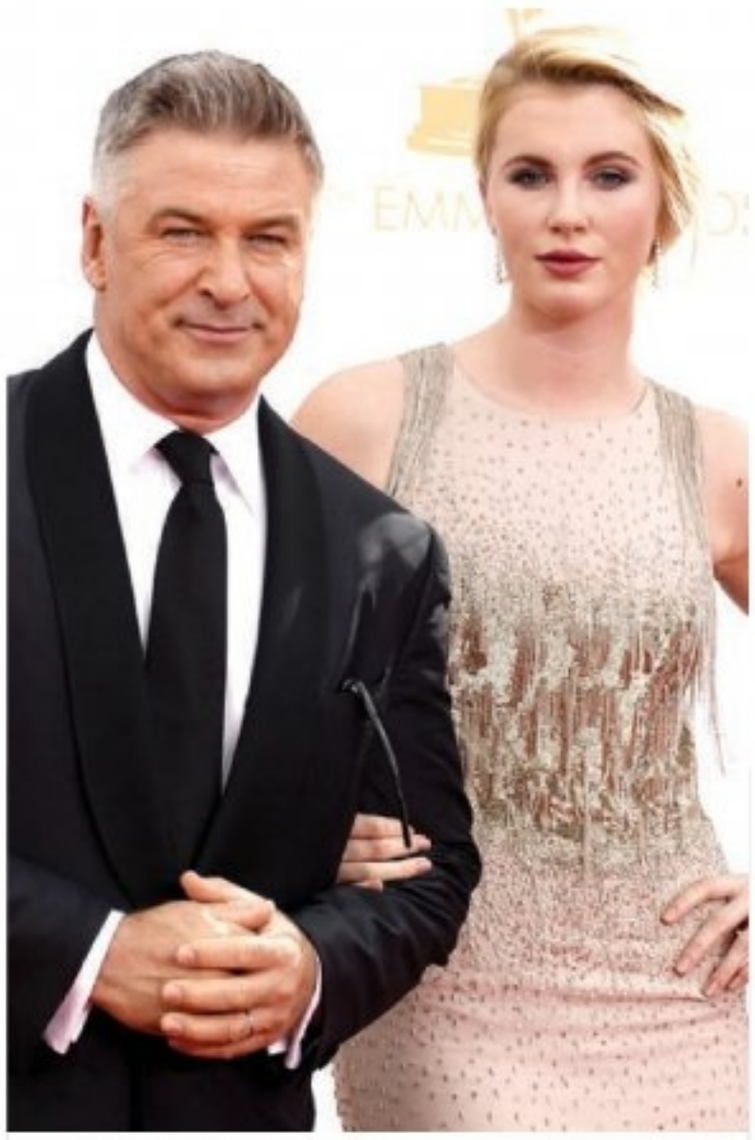

# It's not Alec Baldwin's fault he called his daughter a pig

Alec Baldwin doesn't get it.

The 59-year-old, who has been permanently blinded by his privilege, says his notorious 2007 leaked voicemail to daughter Ireland Baldwin has done permanent damage to their relationship. Not him, mind you.

In the leaked message, Baldwin called his then 11-year-old daughter a "rude, thoughtless little pig," which is decidedly unchill. But according to Us Weekly, it's the fact that people — aka the media — still bring it up that has hurt his babygirl. "It's a scab that never heals 'cause it's being picked at all the time by other people," he said, with no hint of irony. "My daughter, that's hurt her in a personal way." Oh gosh. I would laugh if this wasn't just a Shakespeare-inspired tragedy.

And that's it for today's edition of "Grown men who refuse to take responsibility for their actions." Hope you enjoyed it!

# the word

RACHAEL CLEMMONS
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# Kim Kardashian considers surrogacy

On Sunday night, Kim Kardashian revealed that expanding her family won't be easy. In fact, the reality star is considering surrogacy for her third child.

According to People, the 36-year-old underwent a procedure to help her carry another baby, but there were complications. Doctors told Kardashian that carrying another child would be dangerous.

"Not only has this been really painful, but now hearing that I can't carry any more kids, it couldn't get any worse," she said. "I always knew surrogacy was an option," she continued. "Now it's my reality."

Bravo for her candor. The more women speak out about this kind of thing, the more women can understand that it's a pretty common issue that arises. And that yeah, there can be struggles, but there can be hope, too.

# Rupert Sanders blames KStew affair on 'art'

ALL PHOTOS GETTY IMAGES

Rupert Sanders directed "Ghost in the Shell," starring Scarlett Johansson in a whitewashed role we will soon forget. And you know how the promotion trail goes — give 'em something juicy in the hopes that a small controversy will get people interested in seeing your movie.

Sanders knows this. After all, he is most famous for directing Kristen Stewart in "Snow White and the Huntsman" then later making out with the actress — a woman 20 or so years his junior — in the back of her mom's Mini Cooper. And surely, he remembers his wife of 11 years divorcing him afterward. Armed with this knowledge, which of the following do you think he did?

A. **Had a genuine conversation about the whitewashing controversy, and owned up to his part in the debacle.**

B. **Whitesplained his way around the plot of "Ghost in the Shell," crediting Scarlett Johansson for her stunning performance and also her grace and composure through her nasty divorce.**

C. **Mansplained his 2011 affair with Kristen Stewart, and said that the affair was simply a "byproduct of making art."**

Ding ding ding! The answer is C. What a man!

According to Perez Hilton, Sanders, 46, refuses to let what he calls a "momentary lapse" define his character. "Everybody makes mistakes," he said. "Around every corner there's something unexpected, and that's life."

Sanders is right in that everyone makes mistakes. But usually, by the time you're an adult, you own up to them. He should try it sometime!

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# Big Gay Ice Cream comes in pints now

JENNIFER LOGUE
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From left: American Globs, Birfdae Cek and Dorothy Big Gay Ice Cream flavors. ALL PHOTOS JENNIFER LOGUE

People of Philadelphia, get your spoons ready. Big Gay Ice Cream now comes in pints that you can buy in-store and eat in the comfort of your own home.

American Globs is named after Neil Gaiman's book, "American Gods."

If you've been living under a rock and have never heard of Big Gay Ice Cream before, here's the deal. Founders Douglas Quint and Bryan Petroff started selling their soft-serve ice creams out of a truck in NYC in 2009, but within two years, their popularity grew enough that in 2011 they opened their first store in the East Village. (No matter what time of day, there was always a giant line when I lived there.) This was followed by two more shops in NYC and then in 2015, they debuted their first store outside of the Big Apple right here in Philly.

Best known for fun treats like the ultra-decadent Salty Pimp Cone (vanilla soft serve lathered in dulce de leche covered with a salty dark chocolate shell) and American Globs (vanilla soft serve with dark chocolate pretzel pieces affectionately named after Neil Gaiman's book, "American Gods"), their ice cream tantalizes your tastebuds and their quirky names are certainly conversation starters.

The brand recently launched a collection of pints available in all Big Gay Ice Cream locations as well as select supermarket shelves. You can also buy online through Amazon Fresh, Fresh Direct and Jet. Salty Pimp, Dorothy, Birfdae Cek, American Globs, Rocky Roadhouse, Blueberry Gobbler and Lunchbox (strawberry ice cream with strawberry filled peanut butter cups and thick peanut butter swirls.) are the flavors available so far.

*For more info, visit: biggayicecream.com.*

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# The importance of being 'articulate'

Playing Algernon Moncrieff comes with its own set of quirks.

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Mary Martello (Lady Bracknell) performs alongside Daniel Fredrick (Algernon Moncrieff). MARK GARVIN

If you've ever seen Oscar Wilde's "The Importance of Being Earnest" performed, you know what a mouthful the script is — chock-full of fast-moving banter and expertly set-up quips that keep the audience laughing from its first moments to the final curtain.

Now imagine being an actor needing to deliver those lines with food in your mouth in pretty much every scene. Daniel Fredrick, who plays the witty and lovable Algernon "Algy" Moncrieff in the Walnut Street Theatre production, knows this challenge all too well. His character has an insatiable appetite for pleasure and for any snack within arm's reach — cucumber sandwiches and tea-time muffins in particular — and yes, he's really eating up there.

"The dialogue is pretty unforgiving. You can't really afford a mistake. Eating while I'm doing that makes my margin for error even thinner," says Fredrick. "I ask that the sandwiches be made as small as possible so I can get them down quickly."

The actor somehow makes the feat look like a breeze, bringing Algernon to life with all his dandy panache and sharp-shooting vocal delivery, a far cry from Fredrick's first time on stage as a kid.

"The first play I ever did was an Earth Day play in fifth grade and I very specifically did not want a line," he remembers. "I didn't want to have to say anything, but then one of the kids got sick and I had to learn his line and I completely blanked in front of everybody and was like, 'I'm never going to do that again.'"

After a change of scenery the following year, however, his attitude towards acting did a one-eighty.

"We moved to New York and I went to this really incredible private school. My parents took us to see a lot of theater so I don't know if it was seeing plays there [that inspired me]. I don't know if it was kind of being in a different school environment, but something switched and I did another play in sixth grade. And from there on I just really, really loved it."

These days, Fredrick calls Philadelphia home, living with his wife, who is also an actor. When they're not working, bike riding in the city, exploring East Passyunk's restaurant scene and hitting up farmers markets are just a few of their favorite Philly pastimes.

"It's a really nice place to live. It's the kind of place where I don't have to do something else [to make money]. I can afford to just do the play," he reveals. "Most of the time, artists have their job and then need to do something else to survive. The fact that we don't have to do that — I feel really fortunate. Philly is a place where that's accessible to us."

"The Importance of Being Earnest" runs through April 30 at The Walnut Street Theatre.

*For more information, visit: walnutstreettheatre.org.*

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# Celebrate Japanese Culture Week

There's more to it than cherry blossoms.

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Beginning on Monday, April 3, The Shops at Liberty Place is hosting Japanese Culture Week, as part of the 20th Annual Subaru Cherry Blossom Festival. Make your way to The Rotunda at the heart of the mall each weekday from 12 p.m. to 1 p.m. and learn about the elements and traditions that are at the heart of Japanese culture.

It's not only the cherry blossoms that are worth celebrating. On each day of the week, the Rotunda will be buzzing with a traditional Japanese activity. And like the beautifully blooming pinks and creams of the cherry blossoms, the activities are sure to bring a lively and refreshing spring feeling to boost your day and get you through the dreary tail end of winter weather.

Local cultural ambassador Fumiyo Batta will help you try on some traditional Japanese clothing. ALL PHOTOS PROVIDED

During the week, Hai Street Kitchen is serving free iced sweet green tea with your sushi burrito purchase.

The festival will kick off Monday with lessons in origami, followed by a demonstration of the Japanese classical dance Nihon Buyo on Tuesday. The second half of the week is perfect for kids to attend as well, with Kamishibai storytelling, featuring folk tales of Japanese monsters. The week will end with Shogi & Go, an hour of traditional games for you to bring your strategic A-game to. While you're at the Shops, if you grab lunch at Hai Street Kitchen in the food court, you'll even get a free iced sweet green tea to sip during the demonstrations.

Whether you're itching to take home some pretty paper cranes, try on an elaborate, beautiful kimono, munch down on a sushi burrito, or just learn something about traditional Japanese culture, you definitely don't want to forget to stop by The Shops at Liberty Place at least once this week.

## If you go:

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# The worst performances of

From left: Lindsay Pavao, Cody Belew and Bryan Keith perform on "The Voice." GETTY IMAGES

From getting "pitchy" with it to being plain boring, our picks for the worst of the great.

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If you made it past the grueling audition process for "The Voice," chances are you can sing pretty darn well. It's not "American Idol," where some horrendous (but lovable) singers belt their hearts out at the judges table (William Hung).

"The Voice" is about having that earth-shatteringly good, well, voice. But what is it exactly that makes one voice better than another? Is it the technique? Is it the singer's emotional connection to a song? Is it the showmanship? A mix of all these things?

People normally focus on the best performances, but we'd like to take a minute to talk about the less than stellar ones.

The following are in no way horrendous, but we would confidently rank them as the worst on "The Voice."

## Xenia — "Price Tag"

Xenia was on Season 1 with Blake Shelton as her coach. Given she was only a teenager when she appeared on "The Voice," her rendition of "Price Tag" is all right. However, when judged against the original version by British singer Jessie J, Xenia falls horribly flat. The fun song felt boring. She also sings it a few keys lower than Jessie J, which takes any sort of challenge out of performing it.

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# all time on 'The Voice'

### Nick Hagelin — "Lost Stars"

On Season 10 of "The Voice," Nick Hagelin performed Adam Levine's song "Lost Stars," starting off pretty strong with a soothing, yet slightly higher-pitched voice. Once he hits the chorus though, things start getting real pitchy. The expressions on the judges' faces say it all — Christina feigning a smile, Adam looking confused, Pharrell grimacing and Blake literally covering his face with his hands. The interesting thing though is they all turned around in approval. I'm sorry, I struggled listening to this all the way through. This singer has a unique sound, but his technique is a little too green and his sound gets annoying the more you listen.

### Lindsay Pavao — "Say Ahh"

With this performance, the song should have been called "Say Blah." Vocally, Pavao has a robust set of pipes, but lacks range. She makes up for this by using popular hipster vocal affectations to cover it up. Some call her voice original, but every "indie" singer sounds like this now. Secondly, she's not connected with the song. When you don't feel what you sing, it ruins the whole performance.

### Cody Belew — "Crazy in Love"

Here's a good rule: Don't perform Beyonce, even if you're a guy. Why? She's Beyonce. No man or woman can match her energy, dance moves or vocal skills. Any sad attempt to mess with Queen B comes off as cheesy. What's with the leather outfit? And performing to a karaoke track? Come on!

His voice is decent but this rendition is downright comical. Feels like a low-budget wedding.

### Bryan Keith — "Back to Black"

Listening to Bryan Keith from Season 3 is like running five miles with 0.0 incline at the gym. It's a decent workout, but the peaks and valleys are what really make you sweat. Amy Winehouse had so much color to her voice with so many tones to experience as a listener. She let it rip and made you feel. Keith doesn't do that and part of it is because he's too focused on technique instead of feeling what he's singing. Notice you don't get goose bumps when listening.

You can watch videos of all the performances listed at **metro.us/tv**

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# Jessamyn Stanley: Yoga is for 'every body'

wellbeing

It's about how you feel, not how you look.

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Jessamyn Stanley doesn't have a stereotypical yoga body, but frankly, that's irrelevant. The 29-year-old self-proclaimed "fat femme" has nearly 300,000 followers on Instagram, where she shares photos of herself mastering the gamut of yoga poses, curves be damned. And forget trendy, reductive buzzwords like "fat yoga"; Stanley believes everyone can benefit from the practice.

In her debut book, "Every Body Yoga," out today from Workman Publishing, the Durham, North Carolina-based yoga instructor shares her own path from depressed teen struggling with body image issues galore, to a young woman who's found a passion and a coping mechanism in her daily practice.

But yoga is a tool, not a cure-all; as she puts it, "your practice will continue to buoy you while your life continues to unfold." With over 50 poses and sequences, the book also serves as a how-to for a yoga novice or anyone who wants to deepen their practice. Stanley calls in to talk about how to get started with yoga, why she likes to practice at home and her trick to staying motivated.

## How taking yoga selfies helped her body image issues

When Stanley began photographing herself

"Every Body Yoga" author Jessamyn Stanley will be at The Free Library of Philadelphia on Tuesday, April 18. She'll hold a yoga class from 6:30-7 p.m. followed by a talk, Q&A and book signing from 7:30-8:45. ZOE LITAKER

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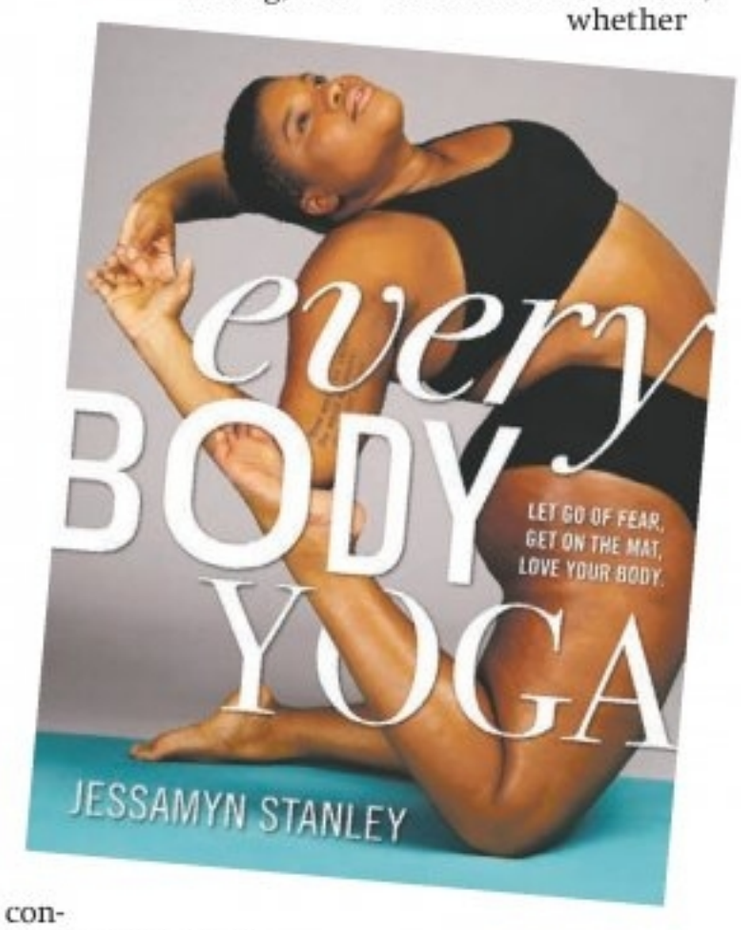
mid-pose to post online and get feedback from the yoga community, she ended up realizing the "very clear disconnect" between how she sees herself and how she actually exists, she explains.

"In the moment when I'd be in the pose, I'd be like, 'Yes, I'm so strong, I'm connecting with my breath, everything is amazing,'" says Stanley. "And then I'd look at the photos and immediately start talking s— to myself, 'Oh my God, I'm so gross, my neck is so fat.'" Discovering this contradiction has helped her inch closer to a body positive mind-set by realizing that the self-hate is all in her head.




## Just get on the mat

Stanley gets that motivation is a fickle mistress. No matter how committed or type A you are, everybody has days when they feel like skipping out on exercise.

Stanley's advice? Thinking of yoga as a "spiritual practice you need to take care of every day" will help you tackle the hardest part: getting on the mat.

To keep herself accountable, she always leaves hers rolled out, whether at home or in a hotel room, so that there's really no excuse.

## Doing yoga at home

If you can't afford to pay $20 a pop for classes at a studio, or you don't have time in your schedule, Stanley recommends practicing at home. For her, it was liberating: "I was free to wear whatever I wanted, hold poses as long as I wanted, and break a lot of rules," she writes.

Stanley herself offers online classes on Cody App; she also recommends yogaglo.com, which offer unlimited classes for only $18/month. Or follow along with "Every Body Yoga," which details sequences of poses to suit a variety of intentions, from "I need to stand strong" (cycling through warrior II, mountain pose, extended triangle pose) to "I want to see the world from another angle" (begins with downward facing dog and ends in a headstand).

### How to start your day, take an afternoon break and chill out before bed

Morning warrior II pose: "It reminds you that you're strong, you can literally feel it when you're on the mat. When you go out for the rest of the day, you'll still feel that grounding."

An afternoon forward fold: "Sometimes during the day we just feel like everything is weighing down on us and we can't see anything new. Flip yourself upside down, shake it out, let everything release and then roll back up and you'll feel like a completely different person. You need the jolt. "

Prebed hip opener, the one legged king pigeon pose: "The stress and tension of our lives gets trapped in our hips and they get really cramped. Some people never empty their hips, and then when they do, it's a very emotional reaction. Just let all of it go. When you're passive like that, it's a very nice introduction to bed."

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# FRANCO, HERRERA WILL DECIDE WHETHER PHILLIES CAN BE GREAT

Phillies fans hope that Odubel Herrera and Maikel Franco pan out to be a one-two offensive punch. GETTY IMAGES

**GLEN MACNOW**

*OPINION*

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

As Philadelphia sports fans, we wait. We hope. We curse. We reminisce. When not one team has won a playoff round in 20 combined seasons, it's all we can do.

The 2017 Phillies, alas, will make that 21 combined. I'm not telling you something you don't know. But the franchise has down-the-road expectations, stemming from a stocked farmed system, the second-youngest roster in the majors and an ownership group that vows to spend billions when the time is right.

Many things have to go correctly for the rebirth to occur. Above all, two players must emerge as stars — Maikel Franco and Odubel Herrera.

Both have flashed greatness. Both have shown an ability to confound.

Franco's mighty half-season as a 22-year-old rookie in 2015 sparked projections of superstardom. His power and contact skills had everyone writing him in as the offensive centerpiece for the Phils' next generation.

Then came last season. Half of Franco's swings ended with his helmet popping off his head. He lunged, swung from the heels, seemed to close his eyes hoping to connect. His OPS fell more than 100 points.

Franco recently conceded he created his own problems in 2016 through internal pressure — a feeling he had to carry the offense alone. New hitting coach Matt Stairs made Franco a special project this spring, aiming to persuade the now-24-year-old to stay focused and stop giving away at-bats.

"It helps that Howie Kendrick and Michael Saunders are hitting around him," Stairs told Leslie Gudel. "He knows he doesn't have to be the guy carrying the offense. He told me he's tired of hitting weak grounders to third base. He's in a good spot now."

We'll know early if Stairs is getting through. Last season, Franco swung at 52 percent of the pitches he faced — more than a third of which were out of the strike zone. If he shows patience in April, he has a genuine chance to re-emerge as a star.

Similarly, center fielder Herrera has mixed moments of brilliance with capricious impatience. He was an All-Star based on his .874 OPS the first two months last season. His inconsistency after that (.735 OPS) so confounded manager Pete Mackanin that Herrera was occasionally benched for the likes of Peter Bourjos.

The Phils signed Herrera to a five-year, $30.5 million extension in December. The 25-year-old entered spring training saying he has an eye on being the first Phillie to win a batting title since Richie Ashburn in 1958. And, like Franco, he admitted the need to mature, to keep his head in every game.

Talk is cheap. But it's promising to hear Franco and Herrera vow to alter their approach. Both have the ability to be nucleus players as the Phils move forward.

Here's hoping so. For all the promising kids playing at Lehigh this season, for all the speculation that superstars like Manny Machado and Mike Trout may wind up in red pinstripes, the formula only works if Franco and Herrera hold up their end of the bargain.

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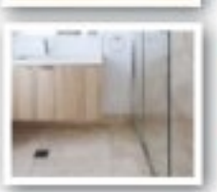

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# Flyers' embarrassing end to season not reflective of potential, past successes

## Are big changes coming for the underachieving Flyers?

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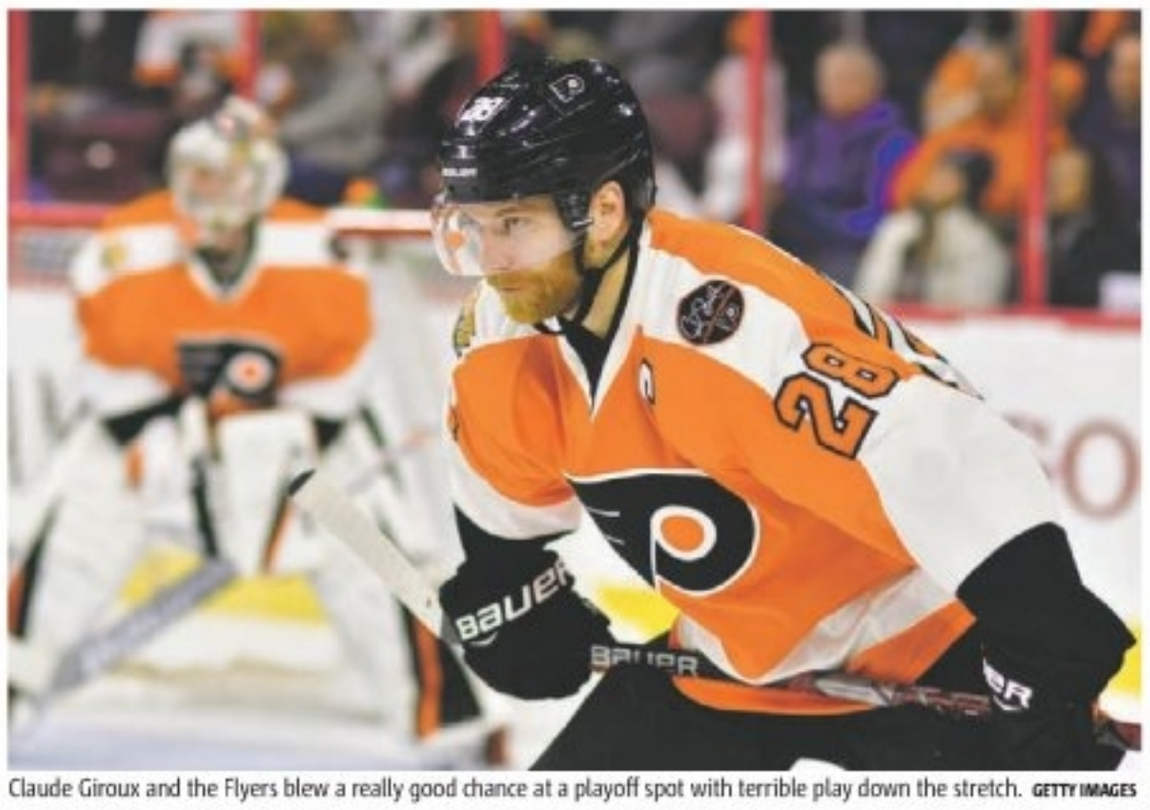

Claude Giroux and the Flyers blew a really good chance at a playoff spot with terrible play down the stretch. GETTY IMAGES

The Flyers, historically, make the playoffs at an impressive rate.

In 49 seasons in the NHL, they've appeared in the postseason 38 times, or just under 78 percent. By comparison, the Canadiens have made the playoffs 83 times in 99 seasons. They have a higher percentage of postseason berths than the Bruins, Red Wings and Maple Leafs — three of the NHL's most storied franchises.

And yet, this weekend after a 4-3 loss to the 100-plus-point Rangers in New York, the Flyers became the first team in the history of the sport to boast both a 10-or-more game win streak and no playoff appearance. They will miss the Stanley Cup playoffs for just the 11th time in their history.

"We had a lot of opportunities this year to get some points; there were some tight games in the third period and we weren't able to get it done," Claude Giroux told reporters Sunday. "I think it happened too often, and that's why we're in the situation we're in now."

A year ago, in the wake of the death of Flyers' founder Ed Snider, Philly closed a seeming insurmountable gap to make the playoffs as the final wild card team and nearly upset the top-seeded Capitals before falling in six games.

This season, the Flyers were 20-11-4, firmly entrenched in the Metropolitan conference playoff picture on Dec. 21 before faltering at a 18-22-4 clip since. In the aftermath of their 10-game win streak they went 3-12 stemming from Christmas to January.

"You can't be good until December, and then win one, lose one," Brayden Schenn also told the media.

Philly will now play three meaningless games before packing up for six months. Will big changes be on the horizon? Will the Flyers take more chances on young players or on the free agent market?

The confounding 2016-17 season saw Philly boast the two best power play scorers in Wayne Simmonds and Schenn, but also the 14th best power play overall.

It saw some impressive performances from goalies Steve Mason and Michal Neuvirth, but also a 2.90 goals against average, ninth worst in hockey. Of playoff contenders, the Flyers had the worst goal differential in the East.

There are a bevy of problems the team must examine and attack when piecing together a roster that is better in 2017-18.

Will GM Ron Hextall continue to take his "steady as she goes" approach or will there be some sort of major shakeup? Something must give. Because as the last 49 seasons have shown, mediocre hockey is not part of the Philadelphia Flyers DNA.

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# Nola will be Phillies No. 5 starter, but (hopefully) won't pitch like one

The Phillies' first series at home starts Friday against Washington. GETTY IMAGES

The Phillies and manager Pete Mackanin have finished sculpting the 2017 25-man roster, rotation and lineup, and Aaron Nola — once the Phillies' future ace starter — will be pitching Saturday against the Nationals, the Phillies fifth game of the season.

Nola was shut down with a right elbow injury last August, following a stellar 6-2 start with lackluster results in the dog days of summer. He's been rested and has rehabbed and is throwing with some extra pop.

"We've seen good velocity, the best he's had, but command is the last thing you get back," Mackanin said. "The reason he's the No. 5 starter is to back off him and keep an eye on him."

Nola has been less than stellar during spring training but it's hard to accurately judge performances from exhibition games.

"[Jared] Eickhoff and Nola worked a lot on their changeups," the skipper said. "Where they normally wouldn't pitch it that much during the course of the season, they wanted to see how it felt coming out of their hand … when we face teams we are going to face during the season, we don't pitch to them they way we would pitch during the regular season."

So, according to Mackanin, fans shouldn't worry about his 0-3 record and 8.38 ERA this spring, or about the fact that he'll be the last man — positionwise at least — on the Phillies rotation.

Once he gets his command back, hopefully soon, Nola will be back on track to live up to his No. 7 overall pick status from 2014.

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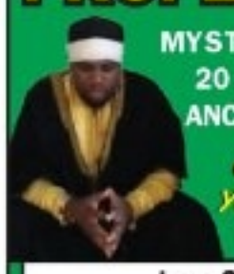

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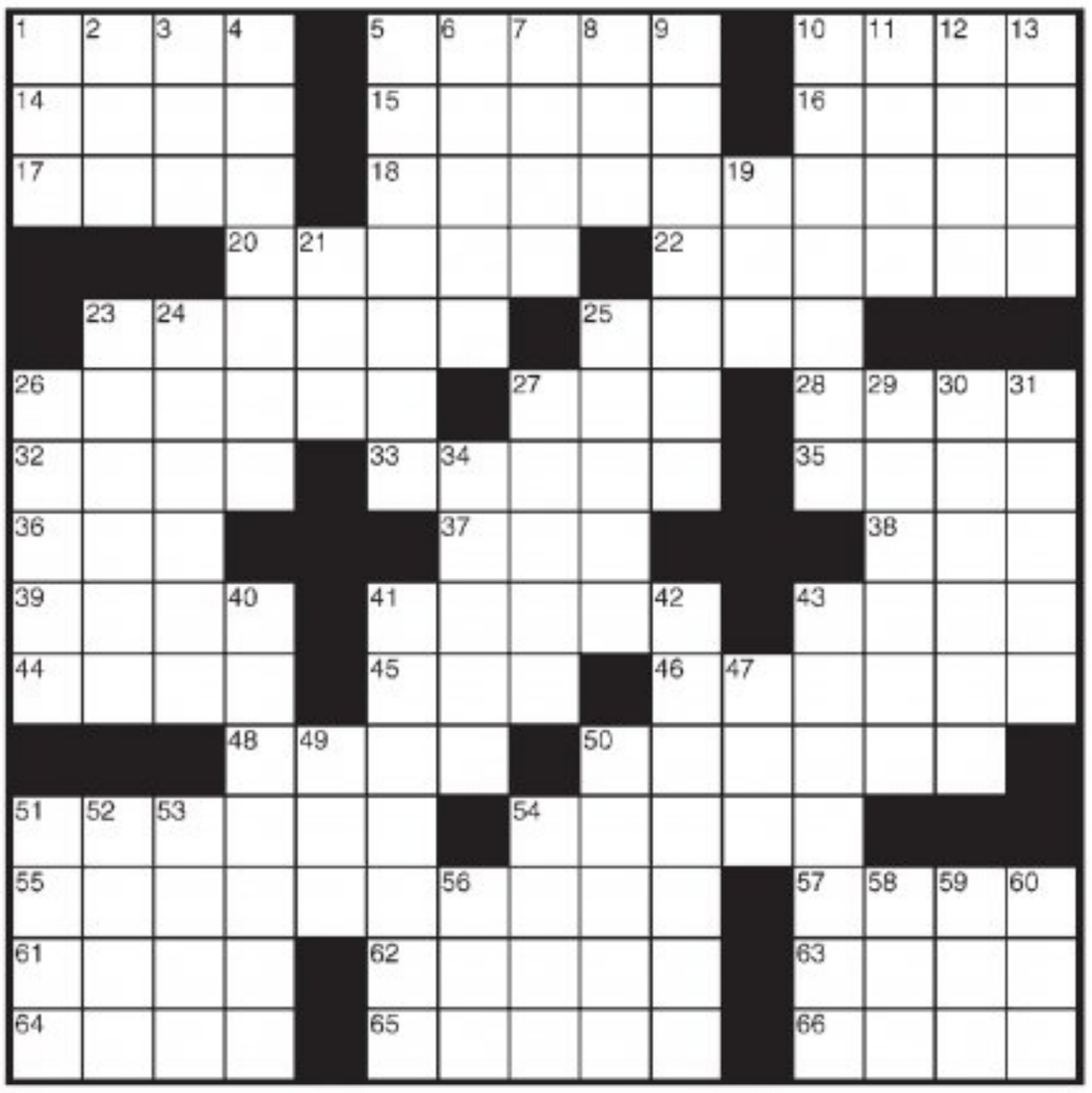
# metro.us/games

## metro.us/crossword

**Across**
1 Woofs
5 Them there
10 Trapeze artist's act
14 Doozie
15 Waterloo resident
16 Gluck of opera
17 Orchard product
18 Editor's change
20 Strode to and fro
22 Web-footed animals
23 At great cost
25 Sloth's hangout
26 Lakeside rental
27 Happy sighs
28 Falling-out
32 Unwelcome obligation
33 Blender button
35 Kind of salad
36 Ceiling
37 "She Done – Wrong"
38 Arith. term
39 Uno y dos
41 Road flare
43 Lockbox document
44 Just average (hyph.)
45 "We – not amused"
46 Shiny
48 Funny Imogene
50 Where beaches abound
51 Coach Knute –
54 Copies
55 Not to be trusted
57 Yen
61 Get by effort
62 Boneless fish
63 Urn homophone
64 Dross
65 Paddock youngsters
66 Viking letter

**Down**
1 Matterhorn
2 Paris street
3 Gulf st.
4 Outshine
5 Man's accessory (2 wds.)
6 Comfortable
7 Ran up a tab
8 Tokyo honorific
9 Approve
10 Most calory-rich
11 – Wiesel
12 Julio's love
13 Makes into leather
19 Wolfed down
21 Indiana Jones quest
23 "Mad Dog and Glory" star (2 wds.)
24 Chopin wrote dozens
25 Subject
26 Nasty shocks
27 Hop out of bed
29 Least ruddy
30 Gateway
31 Winter quaff
34 Lieutenant under Kirk
40 Walloping
41 Hockey game start (hyph.)
42 "Me" types
43 Spy's file
47 Chocolate-colored dog
49 Que. neighbor
50 Harsh, plus
51 Tpks.
52 Spoken
53 Irene of "Fame"
54 Mixer for rum
56 Guanabara Bay port
58 Play about Capote
59 MSNBC rival
60 Start of a bray



## metro.us/sudoku

**easy**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 9 | 4 | | | | 7 | 2 |
| | | 2 | | 9 | 7 | | 4 | 1 |
| | 3 | | 1 | | | | | |
| 8 | | 6 | 9 | | | 5 | | |
| | | | | 8 | | | | |
| | | 4 | | | 6 | 7 | | 3 |
| | | | | | 1 | | 3 | |
| 2 | 6 | | 8 | 4 | | 1 | | |
| 7 | 5 | | | | 2 | 4 | | |

**hard**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | 5 | | | | | | |
| | | | 1 | 4 | | 5 | 7 | |
| | 4 | 1 | | 8 | | 3 | | |
| | 5 | | 2 | | 6 | | | |
| 2 | | 9 | | | | 1 | | 5 |
| | | | 4 | | 5 | | 2 | |
| | | 7 | | 5 | | 4 | 3 | |
| | 8 | 2 | | 7 | 4 | | | |
| | | | | | | 9 | | 7 |

## metro.us/horoscopes

**Aries** If you desire change, you need to start within. Look for a simple alternative rather than make a big splash. Excess of any kind will be detrimental.

**Taurus** You will get a push from someone anxious to see you make a decision. Don't act hastily when dealing with matters. Protect against emotional misunderstandings.

**Gemini** When dealing with investments and negotiations, you need to slow down, tame your emotions and avoid making an impulsive move you will live to regret.

**Cancer** You'll be led astray by someone from your past. Don't trust someone with your cash, ideas or valuable possessions. Common sense will help eliminate loss.

**Leo** Don't let the words or actions of others disrupt your plans. Follow through with your intentions. It's what you do, not what you say, that will have the biggest impact.

**Virgo** Don't put up with anyone trying to separate you from your money. If changes are required, find an efficient way to move forward. Stick to a set budget.

**Libra** Observe how others treat you and look over any contracts you have with individuals that are falling short of your expectations. Don't live beyond your means.

**Scorpio** Taking part in challenging activities will be gratifying, but old injuries must be treated cautiously. Know your limitations and win without jeopardizing your health.

**Sagittarius** Overpaying to compensate for someone else's mistake should not be considered. Offer suggestions, but don't try to fix things on your own. Protect your assets.

**Capricorn** Refuse to get involved in situations that go against the way you do business. If you don't like the way things are being done, walk away or change the format.

**Aquarius** If you work hard and stick to your plan, what you accomplish will be yours and yours alone. Don't share personal information. An unexpected bill will set you back.

**Pisces** You've got the right idea, so don't let anyone mess with your plans. Avoid people showing signs of unpredictable behavior. Protect the people you love. EUGENIA LAST

**Yesterday's answers**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ■ | A | P | B | ■ | Z | O | N | E | D | ■ | I | V | Y | ■ |
| I | G | O | R | ■ | A | M | I | D | E | ■ | V | I | A | L |
| S | H | U | I | ■ | P | A | N | E | L | ■ | O | G | R | E |
| M | A | R | T | I | A | N | ■ | N | E | U | R | O | N | S |
| ■ | ■ | ■ | A | N | T | I | C | ■ | T | H | I | R | S | T |
| D | E | S | I | C | A | ■ | A | N | I | S | E | ■ | ■ | ■ |
| H | Y | E | N | A | ■ | E | B | O | N | ■ | S | W | I | G |
| O | R | A | ■ | S | T | R | I | N | G | S | ■ | H | A | H |
| W | E | T | S | ■ | W | A | N | E | ■ | C | L | I | N | E |
| ■ | ■ | ■ | W | R | I | T | E | ■ | C | O | A | R | S | E |
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| ■ | O | E | D | ■ | E | M | E | R | Y | ■ | N | R | A | ■ |

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